PO Box No.: 2721
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# Mukot Peak Climbing - 24 Days

Mukot Peak climbing in Dolpo is an ideal peak climbing option for those adventure seeker and climbers who is looking to ascent 6000+ peaks in Nepalese Himalaya.Mukot peak is almost forgotten peak located in the Dhaulagiri mountain range of at between Dolpo and Mustang districts in North Western Nepal. Mukot Peak climbing journey fascinates beautiful villages and culture of lower Dolpo area following the Barbung River.

This fabulous adventure trip Mukot peak climbing starts after a descent mountain flight to Juphal at Dolpa. Then it leads through Dunai, a main town of Dolpa and further heading to the east wards through historical Tichurong valley's village Tarakot and Lasicap. From Lasicap continue further following Barbung river all tha way to Kakot, Gharyang, Terang and Mukot village. From Mukot village we approach towards Base Camp and acclimatize for a day and climb on summit. After successful climb, we get back to base camp and continue trekking to Mulunsumna crossing Mu La pass(5717m) and all the way to Jungbenla Pass(5555m) to Sangta and end our trip at Jomsom.

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## PRICE INCLUDES

+Airport pickup and drop.

+3 Nights Hotel Accommodations in Kathmandu.

+ One-night hotel accommodation and dinner in Nepalgunj.

+ Domestic airfare; Kathmandu to Kathmandu.

+ All the government procedure.

+ Trekking permits and National Park fee.

+A Himalayan Companion climbing leader

+ One Guide com cook, 3 helpers, 4-5 mules.

+ Trekking equipment: Mattresses, Member tents, and Kitchen utensils.

+ Three-time meals during a trek along with Tea/coffee and snacks.

+ Staff's salary, food, insurance, and clothing.

+ Farewell dinner in Kathmandu.

## PRICE EXCLUDES

-International flights and visa fee.

-Personal expenses and meals in Kathmandu.

-Travel insurance, Rescue, and evacuation.

-Tips and gratitude for staffs.

-Donation and local entrance fee.

-Extra baggage load in domestic flight.

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## ITINERARY IN DETAIL

### Day 1: Arrival in Kathmandu and transfer to Hotel

On arrival at Kathmandu International Airport you are met by a Himalayan Companion representative will arrange the transfer to the hotel.

### Day 2: Kathmandu to Nepalgunj 1 hour flight

There are no direct flights to Jhuphal from Kathmandu and we must undertake this journey in two legs. The first leg will be to Nepalgunj in the far south-west of the country. On arrival, we transfer to the group hotel.

### Day 3: Fly to Juphal (2502m), and trek to Dunai (2128m) 3 hours

We have an early morning transfer back to the airport for the 45 minute flight to Jhuphal over the Himalayan foothills, with views of Annapurna and Dhaulagiri peaks to the north. Arriving in Jhuphal (2494m) we meet with our trek crew who have walked in with the camping gear and supplies taking approximately 5-6 days to get here. While the loads are being distributed we set off trekking, beginning with a mostly downhill leg as we descend for approximately 1 hour first through the village below the airstrip and then through terraced fields to the Bheri River. Following this river we pass through a narrow gorge and after a total of 2-3 hours trekking we reach the small township of Dunai (2128m), the administrative headquarters of the Dolpo region.

### Day 4: Dunai to to Tarakot (2560m) 5-6 hours

Our destination Today is Tarakot (2850m), an ancient fortress town surrounded by colourful terraced fields.We follows the Bheri and Barbung rivers and passes through a tremendous gorge clothed with pine trees. An ingenious and well engineered path takes us through the gorge at about 7 metres above the rushing river.

### Day 5: Tarakot to Musi Khola (2895m) 6 hours

We now follow the Bharbung Khola upstream for about 3 - 3 1/2 hours we reach our lunch stop next the settlement of Laisicap, a small farming community perched on the side of the valley. This is the main river crossing for the Dolpo circuit. After lunch we turn off the main trekking route and continue to follow the Bharbung Khola on is southern bank before reaching our overnight camp in a pasture area (kharka) near the Musi Khola.

### Day 6: Musi Khola to Kakkot Gaon (3285m) 5-6 hours

After crossing the side Masi Khola side river we continue our journey through Lower Dolpo, as we follow the Barbung Khola which flows down from the glaciers of Dhaualgiri and its satellite peaks including our objective, Mukot. Crossing back to the northern bank on a classic Nepali suspension bridge we continue our journey. The trekking today is undulating as we negotiate several river spurs. After an hour or so of trekking the narrow valley begins to open revealing views of the mountains of the Dhaulagiri Range. We pass through Kakot Village and carry on a little way beyond to the monastery where we make our camp at 3285 metres.

### Day 7: Kakot village to Gharegoan Gaon (3800m) 6-7 hours

Our Dolpo traverse continues as we ascend the valley of the Barbung Khola, crossing again to the south side and at times right beside the river and then climbing high above it to negotiate spurs and side valleys. Just before lunch to

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cross over again the northern back on a classic wooden Dolpo bridge crossing a gorge section of the river, and in the latter part of the day we climb away from the river on its north. As we gain height we catch some fantastic views of the Dhaulagiri range. The climb continues all the way to our camp at Gharegoan Village (3941m). This is a small settlement with just a few potato fields and a few houses.

### Day 8: Gyareng Gaon to Terang Gaon (3550m) 3 hours

A short day today as we skirt around the large bend in the Bharbung Khola valley to reach the picturesque village of Terang Gaon. Lunch when we arrive at camp and a relaxing afternoon wandering around the old Dolpo village, with is tradition streets and fields, where life hasn't changes in centuries.

### Day 9: Terang Gaon to Mukot Village (4022m) 5-6 hours

Turning away from the Barbung Khola we now head south-east, following the Mukot Khola through a striking landscape with sensational views of the six Dhaulagiri peaks ranging from 7268 metres to 8167 metres, as well as Sita Chuchure (6611m) and Gurja Himal (7193m). This is a day of steady ascent and after 5/6 hours of trekking we reach Mukot Village (4022m), the last habitation in the valley. We set up camp in this most isolated of mountain villages.

### Day 10: Mukot Village to Neni Goth(4530m) 4-5 hours

We are now trekking up around 4000 metres and we have to carefully restrict the incremental increase in our sleeping altitude. Today we move camp above the village to a sparse 'grazing' area know as Neni Goth at around 4530 metres. We follow a faint trail over the rocky terrain and depending on snow melt, we may have to wade an icy stream or two. At a steady pace it will take us approximately 4 to 5 hours to walk the 4.5 km to our campsite. In the afternoon it is possible to climb a little higher which is good for our acclimatisation before returning to Neni Goth for the night.

### Day 11: Neni Goth to Mukot Peak Base Camp (5180m) 2-3 hours

Another short trek today, climbing steeply up the hillside on faint herders trails and over the boulders of the moraine with sensational mountain scenery all around. We reach the foot the glacier coming down from the west side of Mukot Himal and the great North West face of Dhaulagiri. We set up our base camp (5180m) on a cleared section of the moraine and settle in for a 2 night stay in this fantastic mountain environment.

### Day 12: Acclimatization day and Skills practice

We need to get prepared for our climb of Mukot. After enjoying something of a lie-in we will get the gear out and do some skills practice, covering the basics of walking roped together on the glacier and how to ascend and descend fixed ropes safely. After lunch on a more mundane level, today is the perfect opportunity to catch up on laundry and diary writing chores. Our Climbing Sherpa's will already have put the fixed ropes in place on the peak and will use this day check everything prior to the summit attempt.

### Day 13: Second acclimatization or contingency day

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We have allowed a second day for further acclimatisation and rest prior to the climb of Mukot Peak. This day may also be used as a contingency against possible delays to a schedule up to this point.

### Day 14: Climb Mukot Peak (6087m) and descend to base camp

A superb day of climbing, mostly on easy angled snow slopes and culminating in an exciting steeper summit ridge where we use fixed lines for protection. The views today are simply stunning, with the incredible Dhaulagiri dominating the vistas. After photography on the summit, we make our descent back to base camp.

### Day 15: Contingency day

This is a contingency day in case of any delay to our schedule. If it has not been required at this point it may be used as a rest day or to shorten some of the stages of our traverse to Jomsom. The trip leader will decide how best to use this day.

### Day 16: Base Camp to near Mula Tal (4900m) 6-7 hours

From our base camp we head downhill and then turn North towards the Mu La (pass) Fantastic views of the imposing bulk of Dhaulagiri. We follow the Mukot Khola until it runs out at is source the Mula Tal (Lake) and climb a hanging valley to our camp near the approach to the Mu La Pass.

### Day 17: Mula Tal to Mulung Sumna(4987m) crossing Mu La Pass (5716m) 6-7 hours

From our camp we make a gradual ascent over snow and/or scree slopes until we can make a high traverse to reach the col guarding the entrance to Thansan Khola Valley. This is the Mu La Pass at 5,716m and here the views open out and we can look out all of Dolpo, Mustang ahead and the amazing Dhaulagiri behind us. We head steeply downhill along the rock covered mountainside to reach our next campsite at a summer grazing area (Yak Kharka) at 4987 metres.

### Day 18: Mulunsumna to Ghalden Ghulden(4247m) crossing Jungben La (5555m)

After an easy start gently climbing up a high shoulder to start our climb to the Jungben la (5555m). Amazing views of Dhaulagiri and Mukot, as well of the upper Mustang valley. A steep descent bring us to the Beri Khola for lunch. We continue with a short climb to reach our next pass, the lower Sangda la (5035m), before starting a steep decent to our camp at Ghalden Ghulden.

### Day 19: Ghalden to Sangta Village(3777m) 4-5 hours

Leaving Gowa Phedi we drop down the river on a steep trail and meet the river where we cross on a suspension bridge before climbing back up on to the valley shoulder. After taking lunch in the village of Sangda.

### Day 20: Sangta to Phalek (2810m) 6-7 hours

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From Sangda we climb up for to small ridge and rolling along the Today we have a number of ridges to cross on our travels down the valley to Kagbeni. After an hour we have great views of Kali Gandaki valley and Thorong la. At the tenth ridge spectacular vista Thorong Peak, Nilgiri and Annapurna. Walking up 100m to a cairn above his pass to get views into Upper Mustang as well as down to Muktinath and Kagbeni. From here we descend on a jeep road to the Phalek Village.

### Day 21: Phalek to Jomsom(2740m) 3-4 hours

Last step, last small pass, climb up to pass through Tagarchong village, on the head we can see towering Mt. Nigiri and from the small pass we continue steep down to the Jomsom. We check out our ACAP permit and we end our trek.

### Day 22: Flight from Jomsom to Pokhara and Kathmandu

Leaving Jomsom we enjoy a spectacular mountain flight through the Kali Gandaki Valley to land at the lakeside town of Pokhara. And soon we board for Kathmandu.

### Day 23: Free day in Kathmandu

Safety day that can be used during the trekking or free day in Kathmandu.

### Day 24: Depart from Kathmandu

Our representative transfer you to Tribhuvan International Airport.